

Workplace Eye Safety

Each working day in the United States, more than 2,000 employees sustain job-related eye injuries. Of these, 10 percent to 20 percent will be disabling because of temporary or permanent vision loss. This is due to the significant eye hazards present within many workplace settings that can lead to eye injury, vision loss, disability and blindness.

Up to 90 percent of all job-related eye injuries can be prevented, when simple safety precautions are followed. Use eye protection whenever there is a chance that machines or activities could present a hazard from flying objects, chemical splashes, radiation or a combination of these or other dangers. Anyone walking through areas of hazard should also wear protective eyewear.

Although computer screens may cause uncomfortable eyestrain and dry eye symptoms, they don't permanently damage vision. To determine the cause of your discomfort, see your Eye M.D. for a complete eye exam. You may need to wear glasses when working at a computer or your prescription may need updating. In addition, an ergonomic evaluation of your workstation may identify problems that could lead to eyestrain.

While computer eyestrain may be uncomfortable, construction, automotive repair and manufacturing work can be physically hazardous to your eyes and vision. These occupations have the highest rate of workplace eye injuries.

Most injuries occur where safety eyewear is not mandated and is left up to the individual. Many of those injured didn't think they needed to wear eye protection or were wearing eyewear inappropriate for the job. Safety glasses that meet industry safety standards are marked with the number "ANSI Z87" on the frames or lenses. Check with your Eye M.D. to learn about the eyewear appropriate for your occupation.

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For more information or
to find an Eye M.D., visit
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OF OPHTHALMOLOGY**
The Eye M.D. Association

See your Eye M.D. ... because there's so much more to see.

An Eye M.D. is an ophthalmologist - a medical doctor who provides the full spectrum of eye and vision care. From eyeglasses and contact lenses to medication and surgery, your Eye M.D. will help you keep your sight for life.